

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

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BE A GOOD CHAMPION!
YOUR TASK GUIDE



BE A GOOD CHAMPION

Who's your sporting hero? And what do you think makes them a champion? Is it their strength? Commitment? Bravery? There are so many amazing people to inspire us, who inspires you?



DEBORAH 'DEBS' KERR

Deborah Kerr was born in Motherwell, Scotland but moved to Nottingham in 2016 to pursue her dream of competing in the Olympic Games. In 2021, her dream came true when she competed in canoe sprint event at the Tokyo 2020 Olympic Games.



In canoe sprinting, Debs races in a long and narrow boat which weighs roughly 12 kilograms (that's about the same as 90 bananas!) in the 200m and 500m events.

Debs first competed in canoe sprinting when she was just 15, and went on to win two bronze medals in the 2015 Junior World Championships in the 200m and 500m events. A year later, she narrowly missed out on qualifying for the Rio 2016 Olympic Games, but she didn't let that stop her from working hard to achieve her dream. The loss lit a fire in her and fuelled her passion to make the Tokyo 2020 team! She was so proud when she succeeded!

Her career has been a rollercoaster, but she says the experiences have made her a better athlete and a better person.

Debs has been on the path to Paris, training to qualify to compete at the Paris 2024 Olympic Games. Sadly, she didn't make it this time, but plans to keep working hard to return in 2025 and take on the world! Go, Debs!

Debs is an Ambassador for Team GB and ParalympicsGB's 'Path to Paris' programme which is all about getting active with family and friends. Find out more here: getset.co.uk/pathtoparis

INSPIRED?

To complete your **'Be a Good Champion'** task:

We want you to tell us all about the sporting superstars who inspire you. It doesn't have to be anyone famous - we want to hear about the people you really admire. You could read a book all about them, draw a picture of them, or even write a poem - find out what really makes a champion. Whatever you do, record it on your checklist and tick that box!

Go on, Be a Good Sport!

